

About me



All about me and my housing needs

This worksheet is the first step you need to take to create your housing plan. It will identify what people like and admire about you, what is important to you, and how needs can be supported.

Here's some things to think about when answering the questions on the next page.

Question 1: What people like and admire about me?

- a. The gifts I bring to the world.
- b. The skills I have.
- c. The strengths others appreciate in me.

Question 2: What is important to me about my home?

- a. Location—community, neighbourhood, close to certain amenities?
- b. With whom—roommates, alone, family, friends?
- c. Type of home—house, condo, apartment, rent or own?
- d. What to avoid in a home—stairs, loud neighbourhood?
- e. Important layout—accessibility, large bathroom?

Question 3: How to best support me in my home?

- a. How much and what kind of support will I need to live my most independent life?
- b. What do my support people need to know and do to help me stay healthy and safe?
- c. What do my support people need to know and do to value me?
- d. What do my support people need to know and do to make sure that what is important to me is not overlooked or forgotten?

Name:

Date created:

1. What people like and admire about me?

2. What is important to me about my home?

3. How to best support me in my home?

This document is based on the One-Page Profile tool from Helen Sanderson Associates, accessed July 12, 2019, <http://helensandersonassociates.co.uk/person-centred-practice/one-page-profiles/one-page-profile-templates/>. Visit hsacanada.ca for more resources.